

Military and Family Life Counselor Program

The Military and Family Life Counselor (MFLC) program provides support and assistance to Service members and their family members who are coping with concerns and issues of daily life. MFLC services are free, and support is confidential and private with the exception of “duty to warn” issues.

MFLCs provide outreach services and can meet people on or off military installations and within their local communities. The program is purple, meaning that MFLCs work with Service members and their families from all branches of the Service, including National Guard, Reserves and active duty.

MFLCs’ primary roles are to:

- Build and enhance community capacity.
- Provide short-term nonmedical, solution-focused counseling services to individuals, couples, families and groups.
- Provide psycho-education to help Service members and their families understand the impact of deployments, family reunions following deployments and other stresses related to military life.

Nonmedical Counseling Services

Related to life skills:	Related to military lifestyle:
<ul style="list-style-type: none">• Anger management• Conflict resolution• Communication• Parenting• Relationship issues• Decision-making skills• Productivity at work	<ul style="list-style-type: none">• Deployment stress• Reintegration• Relocation adjustment• Separation• Coping Skills• Building resiliency• Homesickness• Loss and grief

For more information, contact your Military and Family Support Center.